

“Trust the science!” may have been one of the leading one liners in our country in terms of treating Coronavirus 19 and its variants in 2021. What this one liner is indicating; there seems to be evidence that an approach is working. Simultaneously, our culture is also riddled with another problematic pandemic called mental health and addictions. The latest addition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) list hundreds of disorders Texans suffer from daily. Many of those who suffer from these disorders suffer alone within the pews of our churches. Many of those disorders include: anxiety, PTSD, eating and gender dysphoria.

Not only do Texans struggle and deal with disorders, they may develop addictive behaviors such as substance, process or even behavioral addictions. The two most common behavioral addictions are screen addictions and sexual/pornography addictions. These disorders/addictive behaviors have zero tolerance for who its victim will be within the churches of the MBA of Texas and yes, targeting those in the pulpits.

One might ask, what can we do? Well, if you “follow the science”, there is an answer - Recover Ministries! Evidence based research has suggested 12 Step Recovery Ministries are a great resource for your community! While once a week counseling/therapy from a professional counselor is beneficial, the science suggest community, mentorship, sponsorship and accountability are key assets to helping people recover from disorders and addictive behaviors! Churches of the MBA of Texas are encouraged partner with Jesus by turning churches into hospitals for those seeking to get well in your community! Seek out churches within the MBA of Texas who have an active recovery ministry and ask questions on how your church can launch/lead the way in your community to provide a safe place of healing.

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